



Arlene's January 2023 K-8 Breakfast Menu

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|--|--|---|--|--|
| 2 | 3 | 4 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 470 Sod 255 Sugar 66</i> | 5 Banana Bread Slice (2wg) 43 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 485 Sod 360 Sugar 59</i> | 6 Strawberry Chex Pouch (1wg) 23 Whole Apple (1/2c) 34 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 430 Sod 195 Sugar 31</i> |
| 9 Cereal Bar (1wg) 30 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 450 Sod 255 Sugar 58</i> | 10 Straw Pull Apart Bagel (2wg) 42 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 445 Sod 330 Sugar 47</i> | 11 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 470 Sod 255 Sugar 66</i> | 12 Blueberry Muffin (2wg) 45 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 485 Sod 280 Sugar 56</i> | 13 Cinnamon Puff Pastry (2wg) 41 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 475 Sod 430 Sugar 49</i> |
| 16 MLK Day | 17 Choc Smart Muffin (2wg) 45 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 485 Sod 280 Sugar 56</i> | 18 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 470 Sod 255 Sugar 66</i> | 19 Bagel & CC (1m, 2wg) 27 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 444 Sod 474 Sugar 37</i> | 20 Choc Muffin Top (1wg) 27 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 405 Sod 255 Sugar 48</i> |
| 23 Berry Oatmeal Bar (2wg) 30 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 495 Sod 255 Sugar 66</i> | 24 String Cheese & Grahams (1m, 1wg) 13 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 405 Sod 340 Sugar 40</i> | 25 Cinnamon Bun (2wg) 34 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 470 Sod 255 Sugar 66</i> | 26 Pumpkin Slice (2wg) 43 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 470 Sod 255 Sugar 66</i> | 27 |
| 30 Poptart (1.25wg) 38 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 480 Sod 330 Sugar 66</i> | 31 Corn Smart Muffin (2wg) 36 Applesauce (1/2c) 11 Juice (1/2c) 14 Choc/White Milk (1c) 24/13 <i>Cal 435 Sod 255 Sugar 52</i> | | | <i>Carbs are listed for each item in blue font.</i> |

NO PORK or PEANUTS SERVED AT ANY TIME MENU SUBJECT TO CHANGE

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Arlene's January 2023 K-8 Lunch Menu

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|--|---|---|--|--|
| 2 | 3 | 4 WG Chicken Nuggets (2m, 1wg) 13 Ketchup 3 Green Beans (3/4o) 5 Bear Crackers (1wg) 21 Banana 18 Ranch 2 Choc/White Milk (1c) 24/13 ca=632 so=1052 | 5 Spaghetti & Meatballs (2m, 1/4r) 12 Din Roll (1wg) 16 WG Pasta (1/4wg) 1 Carrot Sticks (1/2r) 0 Fresh Pineapple (1/2c) 13 Choc/White Milk (1c) 24/13 ca= 615 so=985 | 6 Cheese Pizza (2m, 2wg) 27 Broccoli (3/4g) 5 Cheez-Its (1wg) 14 Ranch 2 Whole Apple (1/2c) 34 Choc/White Milk (1c) 24/13 ca= 626 so=810 |
| 9 Corn dog (2m, 2wg) 30 Green Beans (3/4o) 5 Cheez-Its (1wg) 14 Ketchup 3 Whole Apple (1/2c) 34 Choc/White Milk (1c) 24/13 ca= 612 so=912 | 10 Hamburger Patty & WG Bun (2m, 1.75wg) 27 Baked Beans (3/4l) 33 Ketchup 3 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca= 648 so=1140 | 11 WG Chicken Patty & WG Bun (2m, 2.75wg) 38 Corn (3/4s) 20 Ketchup 3 Fresh Melon (1/2c) 18 /White Milk (1c) 24/13 ca= 630 so=931 | 12 Meatball Sub (2m, 1/4r, 1.5wg) 32 Ranch 6 Carrot Sticks (1/2r) 0 Bear Crackers (1wg) 21 Fresh Melon (1/2c) 18 Choc/White Milk (1c) 24/13 ca= 630 so=1151 | 13 Turk Pep Pizza (2m, 2wg) 33 Broccoli (3/4g) 5 Cheez-Its (1wg) 14 Ranch 2 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca= 612 so=1172 |
| 16 MLK Day | 17 Sloppy Joe & WG Bun (2m, 1.75wg, 1/4r) WG 32 Carrot Sticks (1/2r) 0 WG Sport Crackers 20 Whole Apple (1/2c) 34 Choc/White Milk (1c) 24/13 ca= 625 so=830 | 18 Meatballs & Gravy 8 Mashed Potatoes 14 Dinner Roll (1wg) 16 Pineapple 13 Choc/White Milk (1c) 24/13 ca= 621 so=1204 | 19 Beef Hot Dog & WG Bun (2m, 1.5wg) 22 Baked Fries (3/4s) 27 Ketchup 3 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca= 618 so=1120 | 20 Turk Pep Pizza (2m, 2wg) 33 Broccoli (3/4g) 5 Cheez-Its (1wg) 14 Ranch 2 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca= 612 so=1172 |
| 23 WG Chicken Patty & WG Bun (2m, 2.75wg) 38 Green Beans (3/4o) 5 Ketchup 3 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca=642 so=1102 | 24 Taco Tuesday (.5m) 1 WG Nacho Chips (1wg) 20 Refried Beans (3/4l) 38 Cheddar Cheese (1m) 0 Fresh Melon (1/2c) 18 Choc/White Milk (1c) 24/13 ca= 620 so=1161 | 25 WG Chicken Nuggets (2m, 1wg) 13 Ketchup 3 Bear Crackers (1wg) 21 Corn (3/4s) 20 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca= 620 so=770 | 26 Spaghetti & Meatballs (2m, 1/4r) 12 Din Roll (1wg) 16 WG Pasta (1/4wg) 1 Carrot Sticks (1/2r) 0 Fresh Pineapple (1/2c) 13 Choc/White Milk (1c) 24/13 ca= 615 so=985 | 27 |
| 30 BBQ Beef Rib & WG Bun 33 Baked Fries (3/4s) 27 Ketchup 3 Whole Banana (1/2c) 18 Choc/White Milk (1c) 24/13 ca=650 so=1180 | 31 WG Cheese Sticks & Marinara (2m, 2wg, 1/4r) 32 Green Beans (3/4o) 5 Bear Crackers (1wg) 21 Banana 18 Choc/White Milk (1c) 24/13 ca=612 so=1027 | <i>Chef, Taco, or Southwestern Salad entrée option every day, served with juice and milk</i> | <i>Carbs are listed for each item in blue font. Fresh fruits and vegetables may vary each day due to ripeness and availability. Please check with your lunch server daily.</i> | <i>r = red/orange l = legume, o = other s = starchy, g = green</i> |

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